

## Integrating personalized genomics into diabetes management

**Pleayo Tovarante and Andrew Winnington**

Precision Medicine International Limited, New Zealand

The newly advancing medical field of medical genomics can be integrated into the day-to-day management of type-2 diabetes. Medical interventions are personalized to the molecular level to help patients achieve better diabetic control and prevent micro/macrovacular complications. Direct-to-consumer genetic testing is becoming increasingly more available and affordable. Together with decision-making tools that bridge the gaps between research and treatment, doctors can quickly and securely access the patient's genetic data to risk stratify patients to screen for complications, maximize lifestyle interventions, and optimize pharmacotherapy prior to dosing. To further improve outcomes, patients can also be screened for clinically-validated genetic markers associated with cardiovascular risk factors such as insulin resistance and hypertension, and also optimize end-stage treatments such as dialysis and kidney transplantation. This presentation will address the evolving role of genomics in guiding diagnoses and treatments of diabetes. Moreover, clinical examples of using an innovative digital health mobile application developed in New Zealand for real-time, point-of-care integration of clinical genomics by general practitioners and medical specialists will be presented.

### Biography

Pleayo Tovarante is practicing as a General Practitioner in New Zealand. He is currently working as International Medical Director of XY Leap, Personalized Medicine and Pharmacogenomics platform and a Managing Director of Rev3 Tech.

Pleayomedical@gmail.com